

FITNESS

Three Ways for Older Adults To Test Their Fitness

Do NOT take these tests if your doctor has told you not to exercise or if you have chest pain, joint pain, dizziness or uncontrolled high blood pressure

Have a partner with you and do your best on each test but do not overexert yourself. Before starting, warm up with five to eight minutes of walking and swinging your arms.

1. Test One: 30-second Chair Stand (measures lower body strength)

- Sit in chair (seat height: 17") with feet flat on floor
- Cross arms over chest
- Count the number of times in 30 seconds you can come to a full stand

2. Two-minute Step-in-Place (measures endurance)

- Let your partner find the point midway between your hip and knee
- Mark that target height on a table leg or a wall
- March for two minutes and count how often the right leg reaches target height

3. Sit-and-Reach (measures flexibility)

- Brace chair against wall and sit on edge
- Place one foot flat and extend the other leg with heel on floor with arms outstretched reach to toe on extended leg
- Note position of fingertips to measure inches short of (-) or beyond (+) toes

Normal Scores

	AGE	60-64	65-69	70-74	75-79	80-84	85-89
#Stands (F)		12-17	11-16	10-15	10-15	9-14	8-13
	(M)	14-19	12-18	12-17	11-17	10-15	8-14
#Steps	(F)	75-107	73-107	68-101	68-100	60-91	55-85
	(M)	87-115	88-118	80-110	73-109	71-103	59-91
Reach	(F)	-.5-+5.0	-.5-+4.5	-1.0-+4.0	-1.5-+3.5	-2.0-+3.0	-2.5-+2.5
	(M)	-2.0-+4.0	-3.0-+3.0	-3.5-+2.5	-4.0-+2.0	-5.5-+1.5	-5.5-+0.5

Source: American College of Sports Medicine



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